KOREAN · DINNER

Dakgalbi (Korean Spicy Chicken and Vegetables)

40 min · Serves 3 · 591 kcal a serve · Video 13:46 · Maangchi

No nuts listed

Chicken thigh gives about 40 g of protein a serve, and there are more vegetables than meat in the pan: cabbage, onion, sweet potato and carrot add almost 9 g of fibre plus vitamins A and C. It is cooked with no added oil.

Diet notes: Low saturated fat (4.2 g, 6% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce and check the rice cakes and rice syrup are gluten-free.

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Ingredients 19 · SERVES 3

- [ ] 1 lb 1 oz **boneless chicken thighs**, cut bite-size
- [ ] 2 tbsp whole **milk**, for the marinade
- [ ] 1 tbsp **soy sauce**, for the marinade
- [ ] ¾ tsp **ground black pepper**, divided
- [ ] 4 oz (about 1 cup) **Korean rice cakes** (tteok), soaked if not fresh
- [ ] 12 **garlic** cloves, minced
- [ ] 1 tsp peeled **ginger**, minced
- [ ] 2 tbsp **soy sauce**, for the sauce
- [ ] 1 cup **water** (½ cup in the sauce, ½ cup to rinse the bowl)
- [ ] ⅓ cup **Korean hot pepper flakes** (gochugaru)
- [ ] 2 tbsp **rice syrup**
- [ ] 8 oz **cabbage**, cut bite-size
- [ ] 4 oz **onion**, sliced
- [ ] 1 small **carrot** (about ⅓ cup), sliced
- [ ] 1 **green chilli pepper**, sliced
- [ ] ¾ cup peeled **sweet potato**, sliced
- [ ] 12 **perilla leaves** (or several basil leaves), torn
- [ ] 1 bowl (about 1 cup) cooked **rice**, for the fried-rice finish (optional)
- [ ] ¼ cup chopped **well-fermented kimchi**, for the fried-rice finish (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Milk, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the chicken dry, remove any bits of bone and cut it into bite-size pieces. Mix with the milk, 1 tbsp soy sauce and ¼ tsp pepper and set aside. Soak the rice cakes in cold water unless they are freshly made. 1:07
2. For the sauce, mince the garlic and ginger and mix with 2 tbsp soy sauce, ½ cup water, the gochugaru, rice syrup and ½ tsp pepper. It thickens as the pepper flakes soak. 3:30
3. In a large, wide pan, spread the cabbage over the bottom, then add the onion, carrot, chilli, sweet potato and rice cakes. Tear the perilla leaves over and put the chicken on top. 6:58
4. Spoon all the sauce over, rinse the bowl with the other ½ cup water and pour it in. Cover and cook over medium-high heat for 3–4 minutes. 8:45
5. Uncover, turn the heat to medium and stir everything together. Keep stir-frying for about 15 minutes in all, until the chicken is cooked, the sweet potato is tender and the sauce coats everything. 9:19
6. To finish, if you like, add the rice and chopped kimchi to the sauce left in the pan and stir-fry a few minutes over medium heat. 12:44

> **Tip** Serves 2–3. The rice and kimchi are an optional fried-rice finish, as in the video. Skip the rice cakes for a lighter dish, or wrap bites in lettuce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
591 kcal	41 g	73 g
2,470 kJ	82% of a day	64 g net · 17 g sugars
		27% of a day

FIBRE	FAT	SODIUM
8.8 g	16 g	1,110 mg
31% of a day	4.2 g saturated	48% of a day
	20% of a day	

Energy from net carbs 45% · protein 29% · fat 26%

High in (20%+ of a day) Vitamin K 84% · Vitamin A 81% · Selenium 78% · Vitamin B6 69% · Vitamin C 54% · Zinc 46% · Vitamin B12 32% · Iron 31% · Magnesium 27% · Potassium 25% · Vitamin E 25%

Source of (10–19%) Folate 19% · Calcium 13% · Omega-3 11%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=JWccdweoVQg, published 1 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dakgalbi-spicy-chicken-vegetables